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TOP SPORTS BEGINS BASKETBALL THIS WEEK

November 8, 2010 by cpehrson



Most communities provide sports programs for their youth, such as volleyball, basketball, soccer, or flag football.

Team sports provides children an opportunity to meet new people and form new friendships. Participating in youth sports builds self-esteem and teaches the importance of teamwork. It builds sportsmanship and teaches youth how to play within the rules. Perhaps most beneficial, it provides a fun way to exercise that has life long health benefits.

Children and youth with disabilities don't often have the same opportunities to participate in youth sport programs as their peers because of physical or developmental obstacles.

Top Sports, a collaborative program between the Center for Persons with Disabilities, the Logan City Parks and Recreation, Logan Lanes, the Logan Aquatic Center, the Smithfield City Parks and Recreation, and parents of children and youth with disabilities, addresses the needs of children and youth with disabilities by providing seasonal sports activities geared to their ability levels. These activities are designed to be fully inclusive and accessible for children and youth with disabilities. Additionally, CPD staff help to identify volunteers from USU and the community to assist the athletes with skill development and active participation.

Top Sports activities include such seasonal sports as baseball/T-ball, basketball, soccer, bowling, and swimming. Art classes have been added in the last few years.

This week, Top Sports Basketball begins on Thursday, November 11, at 6:00-7:00 p.m. and again at 7:00-8:00 p.m. at the Smithfield Youth Center, 55 North 25 West, (behind Smithfield Library), Smithfield, Utah. It will run on the following Thursdays: November 11th & 18th, December 2nd and possibly the 9th.

Children and youth with disabilities are invited to come and have fun playing basketball. No registration is required. There is a minimal fee for those participating.

For more information, contact Sue Olsen.